APPOMATTOX (VA.)-TIMES-VIRGINIAN-FEBRUARY 14, 1980

Heart Fund campaign underway

We often hear the expression,"Put your money where your mouth is." During the month of February, The American Heart Association asks you to "Put your money where your heart is."

Did you know that, of the nearly one million deaths each year from heart disease, stroke and related disorders, (America's Number One Killer), 300,000 occur BEFORE retirement age? A frightening thought, isn't it?

The American Heart Association is the only voluntary health agency committed solely to the cause of reducing this early death and disability from heart disease and stroke.

The American Heart Association's approach is both national and local.

Research, conducted on a nationwide basis, and knowledge, learning all we can about heart disease and stroke are major steps against this 'prime time' killer.

Next, the Association applies the knowledge gained from research to provide improved health care in the local community.

The Heart Association supports both professional and public education and training programs in the community. In addition, sets standards and guidelines for health care in areas of high blood pressure screenings, hospital coronary care units and stroke care programs and emergency life-saving techniques.

Seventy-five percent of all contributions to The American Heart Association stay in the local affiliate for programs in research, education and community services. The remaining twenty-five percent is spent at national level for research and support programs.

You can help fight early death and disability from heart disease and related disorders by giving generously to your local Heart Association.

Put your money where your heart is....It may be later than you think!

McClary completes 30 day patrol

Coast Guard Seaman Apprentice Paul A. McClary, son of Ann C. and James E. McClary Jr. of Route 4, Box 35A, Appomattox, Va., recently returned from a 30-day law enforcement patrol in the Caribbean.

He is a crewmember aboard the Coast Guard cutter Reliance, homeported in Yorktown, Va.

During the deployment his cutter cruised over 4,200 miles, assisted two disabled craft and rescued the crew of a sinking sailing vessel, which was found to have been carrying marijuana. He and his fellow crewmembers had the opportunity to visit Roosevelt Roads Naval Base and San Juan, Puerto Rico.

McClary joined the Coast Guard in April 1979.

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9-11 CENTER & END CHOPS QUARTER PORK LOINS $1.29 lb.

DELMONICO STEAK $4.29 lb.

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GWALTNEY LUNCH MEATS 6 VARIETIES 8 oz. pkg. 89¢

DANOLA IMPORTED HAM 8 oz. pkg. $2.69

SAVE ON... WHITING FISH 5 lb. box $2.69

HILLSHIRE FARMS(Meat, Beef, Polish or Italian) SMOKED SAUSAGE lb. $1.99

SMITHFIELD V.C. LINK SAUSAGE lb. 89¢

DOUGHTIE'S PORK BAR-B-QUE BEEF 1.89 12 oz. cup $1.49

BONELESS BOTTOM ROUND OR DENVER ROAST $2.39 lb.

DENVER STEAKS $2.49 lb.

SCOTT PAPER TOWELS WITH $7.50 ADDITIONAL PURCHASE 2 JUMBO ROLLS $1.00

BAKED FRESH DAILY!

16 OZ. LOAVES KING'S BREAD 2 FOR 89¢

SAVE ON... PEACH PIE 32 oz. pkg. $1.99

BUTTER PECAN CAKE 42 oz. pkg. $3.29

SAVE ON... KAISER ROLLS 6 FOR 99¢

DUNCAN HINES LAYER CAKE MIXES ALL VARIETIES 2 18½ oz. boxes $1.49

SAVE ON... GOLD MEDAL FLOUR 5 lb. bag 88¢

OLE CAROLINA SLICED BACON 12 oz. pkg. 59¢

SWIFT PROTEN BOTTOM ROUND WHOLE 18-23 LBS. lb. $1.69

GREAT GROCERY DEPT. VALUES!

SAVE ON CRISCO OIL 24 oz. bot. $1.19

DUNCAN HINES BROWNIE MIX 23 oz. box $1.29

FIGARO TUNA CAT FOOD 6 oz. can 3 FOR 89¢

PEANUT BUTTER JIF 18 oz. jar $1.19

DOUBLE QQ SALMON 15 oz. can $1.89

DELSEY BATHROOM TISSUE 4 ROLL PACK 89¢

BREMNER SALTINE CRACKERS 1 lb. box 59¢

REG. OR DIET DRINKS SHASTA 12 oz. can 5 FOR 89¢

Green Giant SALE!
•SWEET PEAS
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12-17 oz. cans
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PLEASING PRODUCE!

CRISP GREEN CABBAGE 2 lbs. 39¢

YORK APPLES 3 lb. bag 79¢

6-8 LBS. SMOKED PICNICS SLICED ... 79¢ WHOLE lb. 69¢

SWIFT PROTEN BEEF RIB EYES 9-11 LBS. WHOLE lb. $3.49

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EGGO FROZEN WAFFLES 11 oz. pkg. 79¢

BANQUET FRIED CHICKEN 32 oz. box $1.99

RICHFOOD BROCCOLI SPEARS 2 10 oz. pkgs. $1.00

RICHFOOD BABY LIMAS 2 10 oz. pkgs. $1.00

RICHFOOD GRAPEFRUIT JUICE 64 oz. cont. $1.29

DELI BUYS!

EDAM OR GOUDA CHEESE lb. $2.59

CHICKEN & DUMPLINGS With 2 Vegs. & Roll ea. $2.29

KAHN'S OLD FASHION OR SPICED LUNCHEON lb. $1.99

HEALTH & BEAUTY AIDS!

GILLETTE DEODORANT RIGHT GUARD 3 oz. can 99¢

GILLETTE ANTI-PERSPIRANT SOFT 'N DRY •POWDER •UNSCENTED •SUPER-DRY 2.5 oz. cont. 99¢

GILLETTE (THE DRY LOOK) PUMP HAIR SPRAY 5 oz. cont. 99¢

HAIR SPRAY - SAVE 40¢ ADORN 9 oz. cont. $1.99

HAIR CONDITIONER SILKIENCE 7 oz. cont. $1.29

REG.-EXTRA BODY-OILY TAME 8 oz. cont. 89¢

U.S. NO. 1 SWEET OR BAKING POTATOES 4 lbs. $1.00

VINE RIPE TOMATOES POUND 49¢

Makes Salads Sing!

SS plans regional meeting

Members of Southern States Cooperative's local board and committee members, agricultural workers and retail agency managers from the Appomattox area, will attend a regional board meeting in Farmville on Feb. 20. The session will be held at Longwood College-Lankford Building and registration will begin a 9 a.m.

Those expected to attend the meeting from this area are: Ronald and Dan G. Coleman, co-managers of Coleman and Sons; and local board members: Boyd Thompson, Lynchburg, Jimmy E. Tweedy, John P. Alvis Jr., Concord, B. J. Lucado, Appomattox, and Calvin Harris, Gladstone.

Also attending the meeting will be a number of guest young farmers from this area.

A total of 19 of these regional meetings will be held by Southern States over a five-state area. The cooperative serves farmer-members who live in Virginia, West Virginia, Maryland, Delaware and Kentucky and who hold a total of 353,562 memberships in the organization.

E. W. Sanderson of Cartersville, Va., a member of the Southern States 15-man board of directors will preside at the meeting. Sanderson represents the cooperative's members in south central Virginia. He has been a member of the board since 1975.

Featured at the session will be a presentation entitled "These Challenging 80's" to be presented by Gene A. James, senior vice-president-Operations, who heads a two-man management team that will attend the session. H. B. Manuel, manager-Retail Operations, the other team member will report on the cooperative's operations during the first six months of the 1979-80 fiscal year. Also on the agenda will be a look at "Two Decades of Progress" presented by C. H. Gilbert, a regional manager of the cooperative headquartered in Richmond.

A look will also be taken at "Agricultural Financing in the 80's" by a local Farm Credit representative.

Following an open-forum discussion the session will adjourn.

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